

Kentville Silver Gliders Skating Club

Pre-CanSkate and CanSkate Information Sheet

Pre-CanSkate vs CanSkate	Session Information
Pre-CanSkate is for skaters with no skating experience. CanSkate is for skaters who have completed Pre-CanSkate OR who are able to get up and move forward by themselves. Some skaters sign up for Pre-CanSkate and realize that they should be in CanSkate. Some skaters sign-up for CanSkate and realize they should be in Pre-CanSkate. That's ok! We also spend the first few weeks making sure skaters are on the session that best fits their ability.	Our sessions take place on Sunday afternoons from October to March. Pre-CanSkate sessions are 30 minutes in length. CanSkate sessions are 45 minutes in length. 5:05-5:35 Pre-CanSkate 5:30-6:15 CanSkate February 7th ONLY 5:35-6:05 Pre-CanSkate 6:00-6:45 CanSkate

What to expect at the rink:	Equipment Required
Arrive 15-20 minutes before the session starts to sign in and pick up your name tag and any badges or ribbons earned during the previous session. Go to the dressing room to get skates on. Pre-CanSkaters - get on and off the ice at the Zamboni doors (Green and Blue groups get on at the middle doors). CanSkaters get on and off the ice at the middle doors. Need a bathroom break? Our volunteers will make sure that a parent meets the skater. When it's time to get off the ice parents can meet their skater in the hallway. Go to the dressing room to get skates off and drop off your name tag before you leave.	"A helmet and skates is all it takes!" - CSA approved hockey helmet (please make sure it is a good fit and all straps work) - <u>NO BIKE HELMETS</u> - Lace-up skates - Mittens - Sweater - Light jacket - Splash pants  Please make sure skaters can easily move around in their on-ice clothing. It can be really difficult to get up when wearing a snowsuit!
	Proper Skate Care
	- Wear skate guards when not on the ice - Always walk on rubber surfaces (if there are no skate guards on the skates) - Dry off skates after each use and put on fabric guards - Take skates out of the bag (and guards off) at home to fully dry out - Make sure skates are sharpened after purchase and 1-2 times a season

Typical Season Schedule	What's next?
October - Grouping skaters, learning the basics November - Improving our skills December - Holiday Show on Ice performance (all skaters participate) January - Progressing through our badges and ribbons February - Having fun while we learn new skills March - Looking at the progress we made, year end show April/May - Spring skating	Interested in figure skating? Once you have completed your stage 3 badge, you can join our <u>Junior/Star 1</u> program. Interested in hockey/ringette? CanSkate doesn't have to end just because you join these programs! You can continue with our CanSkate program and get all 6 badges or join our <u>Power Skating</u> program.